

Prepare and implement activities with individuals

Overview

This standard identifies the requirements to prepare and implement activities to meet individuals' preferences, needs and outcomes. This includes working with individuals and others to identify and select activities then take responsibility to prepare, implement and evaluate activities.

Performance criteria

You must be able to:

1. identify and agree the roles and responsibilities of yourself and others to prepare and implement activities to support individuals
2. establish consent and access information on individuals and activities
3. work in partnership with individuals and others to identify and confirm outcomes activities will aim to achieve in line with care or support plans
4. work in partnership with individuals and others to agree how activities will be prepared and implemented in line with individual's preferences, needs and requirements of activities
5. support the independence of individuals to identify and access information, resources or support they need to select activities
6. review or complete risk assessments for activities
7. take responsibility to support others to identify, access and set up environments for activities
8. take responsibility to support others to identify, access and set up required resources for activities
9. work in partnership with others to deliver activities
10. encourage and support the independence of individuals to prepare for and participate in activities
11. prompt and assist individuals whilst they participate in activities
12. take responsibility to support others to leave environments tidy and ready for next use after activities
13. support individuals and others to feedback on how activities met their preferences, needs and agreed outcomes
14. provide your feedback on how activities met the preferences, needs and agreed outcomes of individuals
15. work in partnership to review feedback, identify good practice and make required changes to activities
16. complete records and reports required for preparing and implementing activities with individuals
17. reflect on how you carried out your roles and responsibilities to prepare and implement activities

Knowledge and understanding

You need to know and understand:

1. how to access, review, and evaluate information about individuals and activities
2. how to apply trauma informed principles to support individuals to select and participate in activities
3. the influence of culture and background on selection and participation in activities
4. how to complete risk assessments for activities
5. how to support individuals neurodivergence and additional needs through adaptations to activities
6. how to encourage and support the independence of individuals to choose and participate in activities
7. the importance of dignity, kindness and compassion when supporting individuals to select and participate in activities
8. how to support emotional regulation during activities
9. types of information, resources and support that may assist individuals during activities and how to access them
10. different types of activities and the positive impact they can have
11. how to use digital tools and devices to prepare for and use during activities
12. types of environments that are best suited for activities and how to prepare them
13. types of resources needed for activities and how to access them, considering sustainable practices
14. how to support others to prepare environments and resources for activities, considering sustainable practices
15. the different skills others can bring to activities and how to utilise them
16. how to monitor participation in activities
17. how to work in partnership with individuals and others to review and feedback on activities
18. how changes to individual preferences, conditions and circumstances can impact the support required for activities
19. the records and reports required for preparing and implementing activities with individuals
20. theories relevant to preparing and implementing activities with individuals
21. the relevant legal requirements, standards of practice, frameworks and

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guidance for supporting individuals with activities

22. the workplace requirements on equality, diversity, inclusion, and rights when supporting individuals to select and participate in activities

23. how to work in partnership with others to prepare and implement activities

24. how to respond to issues and concerns that may occur during activities

25. how your personal experiences and unconscious bias may impact when preparing and implementing activities with individuals, and how to address this

26. the role of supervision, reflective practice and learning and development in preparing and implementing activities with individuals

Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

HSCCLD325



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Developed by	Skills for Care & Development
Version Number	1
Date Approved	31 Jan 2026
Indicative Review Date	31 Jan 2031
Validity	Current
Status	Original
Originating Organisation	Skills for Care & Development
Original URN	HSCCLD325
Relevant Occupations	Social Care and Childrens Care
Suite	Health and Social Care & Childcare Learning and Development
Keywords	Activities, Health and Social Care & Children's Care Learning and Development
